



What's new at Reach this month

February 2025

SPONSOR OUR NEWSLETTER

Show your support for Reach and promote your business!

Contact development@cmrocks.org for more information

Reach for Your Paddle Pickleball Tournament

Are you a pickleball fan? Or maybe you've always wanted to learn? Pick up your paddle for a good cause!

Reach is hosting a pickleball tournament and beginners clinic on March 23rd at Dill Dinkers North Bethesda. Learn your way around a paddle in an introductory clinic for beginners from 3-4 p.m., or show off your skills during the doubles tournament from 4-6 p.m.

Tickets are available now! Get yours today to join the fun. Only 4 tickets are left for the beginners clinic - don't

miss out!

[Explore this](#)

American Heart Month at MKHC

WWW.CMROCKS.ORG/MKHC

@KASEMANHEALTHCLINIC

HEART HEALTH TIPS

5 EASY STEPS



Get regular exercise

You don't need a gym to stay active. Take stairs, walk around the block or inside if the weather is bad, and move in place while waiting. Make exercise a daily priority!



Eat a healthy diet

Reach for fruits, vegetables, whole grains, legumes, nuts, and fish. Choose poultry over beef.



Monitor your calorie intake

You don't need to finish everything on your plate. Eat the most calories during the day and have a light dinner.



Maintain a steady weight

Incorporate exercise and a healthy diet, focusing on how you look and feel rather than the number.



Keep a positive outlook

Research indicates that positivity is linked to lower blood pressure, a decreased risk of heart disease, and increased longevity. An optimistic attitude can enhance cardiovascular health by encouraging healthier lifestyle choices.



February is American Heart Month! Heart disease is the leading cause of death in the U.S. Learn more about MKHC's work to promote heart health in partnership with the American Heart Association.

[Read more](#)

Save the Date: 2025 Annual Reach Gala on May 17th

It's that time of year again! Mark your calendar for May 17th, 2025 from 6pm-10pm for Reach's annual gala at Lakewood Country Club!

Sponsorships are available now. Show your support for Reach and help us cover essential operating costs.

[Explore sponsorships](#)

Vacuums needed for the Housing

Thank you to all who supported Reach's year-end appeal!

The appeal raised over \$47,000, exceeding our goal. Your support makes our work possible - thank you!

Volunteer Spotlight: Truist Bank employee Lydia F. helps housing residents improve financial literacy



An important part of Reach's Housing Program is helping residents gain useful skills that will help them work more effectively towards their goals. Over the past few months, both Jefferson and Rockland House residents have taken part in a series of workshops on financial literacy, led by Lydia Faley of Truist Bank.

Check out the full story to learn more and see how these workshops have already impacted a Jefferson House resident.

Program!

Reach's Housing Program is looking for two donated vacuums to be used by residents to keep the houses clean.

Contact us at development@cmrocks.org if you can help with this request.

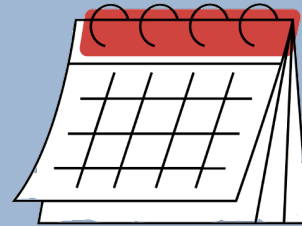
[Contact us](#)

[Read more](#)

Mark Your Calendars

REAP Benefit Concert **Sunday, March 9, 4-6pm**

Rockville United Church
355 Linthicum St. Rockville, MD 20851



Reach for Your Paddle Pickleball Tournament

Sunday, March 23, 3-6pm

Dill Dinker's North Bethesda
4942 Boiling Brook Pkwy, North Bethesda, MD 20852

[Get Tickets](#)

Volunteer Reception

Tuesday, March 25, 6:30pm-8:30pm

UUCR
100 Welsh Park Drive, Rockville

2025 Annual Reach Gala **Saturday, May 17th, 6-10pm**

Lakewood Country Club

Volunteer With Us

MKHC is looking for volunteers to assist with daily operations. Gain experience in a healthcare setting and help make a difference in the community!

Front Desk Assistant

- Greet patients and assist with check-in procedures.
- Answer phone calls and direct them to the appropriate department.

Assistant to the Managing Director

- Assist the Managing Director with administrative tasks.
- Help coordinate events, meetings,

- Fill out forms and help with the patient portal.
- Help maintain a welcoming and organized clinic environment.

and clinic operations.
- Support the team with organizational and project-related tasks.

Contact volunteer@cmrocks.org if you're able to help with these requests.

[View other volunteer opportunities](#)

Donation Requests

New or gently used furniture for the Housing Program:

Jefferson House

- a bedroom wardrobe
- a small desk and desk chair
- vacuum cleaner

Rockland House

- set of 4 metal folding chairs with 500-pound weight limit
- outdoor chairs, umbrella and stand for the deck
- a full-size headboard for a bedroom
- two air purifiers
- a new area rug for the living room

For Kaseman Health Clinic & Housing Program:

Paper towels, Lysol/disinfectant spray, facial tissues, printer paper and sticky notes

For more information on current needs or to donate, please contact us at development@cmrocks.org.

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